

515 Cortland Ave.  
San Francisco, CA  
94110

BERNAL HEIGHTS  
REFERENCE

Non-Profit  
US Postage  
PAID  
Permit No.  
14794  
San Francisco, CA

# new Bernal Journal

December '95/January '96

Serving the Bernal Heights Neighborhood of San Francisco

Volume 33 • Number 1 •

## POWER PLANT SPARKS ELECTRIFYING DEBATE

BY GARETH BARKIN

*"I don't know where these people get off spreading around their fear and lies to the public."*

— Robert Morgan, SF Energy Co.

*"What we will be losing is our future... people are dying here."*

— Linda Richardson, Southeast Alliance for Environmental Justice

**T**he proposition of a new Bayview / Hunter's Point power plant, or 'cogeneration project,' as its would-be manufacturers refer to it, has created a great deal of controversy of late. The issue is heated: Those in favor of the plant accuse the other side of fear mongering, of being unduly worried, and of lying. Those opposed to the plant accuse its manufacturers of illegal bidding, of having a terrible environmental history, of buying off public opinion, and, most of all, of lying too.

What's at stake is a 240 megawatt natural gas burning plant, which has already passed many of the hurdles it needs, in order to be built in Hunter's Point. The plant has all but been approved by the California Energy Commission, the state organization responsible for performing assessments of everything from environmental impact to overall need. San Francisco Energy Company, the corporation behind the plant, claims the CEC's findings prove their plan to be safe and reasonable, and that it will have lasting economic benefits for the community. Linda Richardson, Director of Operations for The Southeast Alliance for Environmental Justice claims that the staff of the CEC opposes the plant, but that its commissioners, appointed by Governor Pete Wilson, approved it for political reasons. A great deal of rhetoric is being thrown around between the two camps, and a great deal of it cannot be corroborated, for either side. Companies like PG&E, embroiled in the middle of the affair, aren't talking. And the internal workings of the CEC aren't as forthcoming as the accusations are. Key issues of the debate are these:

### THE TWO EXISTING PG&E POWER PLANTS

Perhaps the most debated issue of the whole affair is the fate of the existing power plants which PG&E currently operates in BV/HP. If they were to continue to operate at current rates, the addition of the new plant would obviously create a significant increase in pollutants released into the air. If, however, PG&E were to shut down the plants, or most of their generators, the picture becomes more fuzzy, since the newer plant would meet current pollution standards, while PG&E's plants are approximately 50 years old. In fact, air quality legislation to take effect in the year 2001 will render the PG&E plants all but useless, able to operate only 2 weeks per year, unless they are retrofitted to meet the new standards — a great expense.

What is known is that SF Energy Co. and PG&E have not yet reached an agreement regarding the sale of power from the proposed plant. SF

*Continued on page 4...*

## Bernal elders celebrate receipt of major federal grant award



Awarded a national grant to expand their innovative service to frail and homebound seniors, the Neighborhood Elders Support Team held an open house in November to celebrate the federal Administration on Aging award. Staff and NEST supporters pictured: Carmen Mendieta, Frank Hutchins, Alice Gilbeaux and Joan Brown. See page 10...

## Willie Brown outlines his vision for San Francisco and Bernal Heights

by Gareth Barkin



Candidate Brown enjoys a moment of levity during his stop at the Bernal Heights Neighborhood Center.

Front-running mayoral candidate Willie Brown spoke to Bernal Heights senior citizens last October 25, about what he would do for the city, and why they should cast their ballots for him. Assemblyman Brown, who, along with current mayor Frank Jordan, made it into the runoff in the runoff election to be held December 12, took the opportunity to outline his positions on various issues. The stop was made as part of his pre-runoff campaign effort.

Brown chose to speak at the Bernal Heights Neighborhood Center, because it houses a large senior citizen program. He arrived shortly after the seniors had finished their daily lunch, and was given a flattering introduction by center director Mauricio Vela, who praised his commitments to youth

and seniors alike.

Brown then gave a brief speech in which he first emphasized the value of education, and stated his desire to improve the school system in the city. "I will enlist the aid of the most talented people in the whole city toward this end," announced the former Speaker of the House. He also stressed his understanding of the need to listen to the people of the city, rather than telling them what they need; a behavior he apparently felt other candidates had been indulging in.

He told the seniors that, with their support, he was assured a runoff victory, stressing his viability as a candidate. Also mentioned was his plan to have open commission meetings on Saturdays, so that working people could attend them.

*Continued on page 2*

### Your Friendly Neighborhood Pet Store



Jim and Dorothy Chisholm behind the counter of their pet store, "San Francisco Pet & Aquatics" profiled in this issue.

*Story on Page 7*

## INSIDE NBJ...

Around the Neighborhood.....	7
Ask Dr. Nabler .....	15
Bernal Calendar.....	14
Bernal Holiday Celebrations.....	2
BHNC News.....	10 & 11
Classifieds.....	8
Foreclosure Trap.....	11
Hilltop Natural History.....	12
Neighborhood Shopping Guide.....	2
Power of the Press.....	18
Whadda Ya Think?.....	12
Youth Confront the Candidates.....	11

**Neighborhood Shopping Guide & Classifieds: Pages 8 & 9**

**Brown** cont'd from page 1

Additionally, Brown stated that he intended to hold open office hours, which any San Francisco resident could take advantage of—a policy which, he claimed, is unique among mayors of major cities in this country.

Other issues which Brown touched upon were his desire for a safer, cleaner MUNI, a more respected police force, and more affordable housing throughout the city. During a brief question period, he claimed that he would not participate in a mayoral debate unless Ben Hom, a Republican

candidate with very low poll ratings, was allowed on the floor as well. He did, however, participate in a debate the next week to which Hom had not been invited. Hom protested vocally outside the proceedings.

In response to a question regarding the proposed cross-town sewer shaft, which would vent sewage fumes at the top of Bernal Hill, Brown claimed there was not enough money to do the job, and that it would therefore not be completed, "in our lifetimes." He did not, however, take a position on the issue.

## new Bernal Journal

515 Cortland Avenue, San Francisco, CA 94110 • (415) 206-2144

The *New Bernal Journal* is a bi-monthly neighborhood newspaper sponsored by the Bernal Heights Neighborhood Center. It is dedicated to providing the people of Bernal Heights with community news, ideas, issues, and events that support the Center's mission: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people in Bernal Heights." The *New Bernal Journal* is distributed door to door, free in Bernal Heights. Articles express the views of contributors and not necessarily those of the Bernal Heights Neighborhood Center.

**For Advertising Call: 206-2144**

Next Issue: February/March '96 Distribution Date: 2/2/96

Deadlines: Editorial/Submission: 1/12/96

Advertising Space Reservation: 1/19/96. Camera Ready Ads: 1/26/96.

We reserve the right to edit for clarity or space.

Circulation for this issue: 8,000

### New Bernal Journal Staff/Volunteers

Editor	Gareth Barkin
Consulting Editor	Vicki Victoria
Art Production	Victoria Graphics & Barkin Dog Productions
Photos	Gareth Barkin, Vicki Victoria
Distribution	David Rogers & a cast of hundreds!
Contributors	Barbara Pitschel, Gloria Allen, Dr. Nabler, Mauricio Vela, Kristin Hofso

Printed by Howard Quinn Company, a Union Printer

Copyright 1996 by Bernal Heights Neighborhood Center

Member of the S.F. Neighborhood Newspaper Association.

## Holiday celebrations around Bernal Heights

by Kristin Hofso

Look for special decorations and events on Cortland Avenue this holiday season. The Cortland Merchants Association is sponsoring decorations and events all through the holiday season.

New for this year is a "Friday night on Cortland" celebration. This event is geared towards adults. There will be strolling jazz musicians on the street and stores serving wine, cheese and other goodies. It will happen on Fridays, December 8th and 15th from 5-9pm. The restaurants will be crowded and all the stores will be open for your holiday shopping.

In early December the holiday lights and decorations on will already be up. This year the merchants are sponsoring decorative holiday flags to be posted all along Cortland Avenue. In addition, a special contest will be held for the best holiday decorations along this emerging shopping strip. The Cortland Merchants Association will be giving out prizes in the following categories "Best Decorated Store Front", "Prettiest Building"

(white lights outlining the features of the buildings is encouraged), "Fanciest Tree" and "Most Festive Window". A local artist will be asked to judge the competition.

St. Kevin's Choir will have their annual caroling on Saturday December 16 between 2:30 and 4:30PM. St. Kevin's is also having their traditional New Years Eve Dance with full buffet and dancing at the St. Kevin's Parish Hall.

There are also a several family events coming up. A new holiday event this year is the "Fun, Games and Goodies," for kids on Saturdays afternoons. Look for this event in all the stores along Cortland Avenue on Saturday the 9th and 16th from 2-4PM. There might even be a surprise visitor!

The library also has several holiday programs for kids celebrating a diversity of cultures and faiths, including Hanukkah, Kwanzaa, Christmas, and the Swedish festival of St. Lucia.

Also look for more holiday events at the Neighborhood Center, Bernal Books, the restaurants, bars and cafes. There is a full list in the Bernal Calendar.

SUSAN SELLS BERNAL HEIGHTS!



Personal Service...  
Experience...  
Results...

*Susan*  
M. Susan Hughes  
Real Estate Broker

415-824-1533  
direct line

664-9175 x233  
voice mail pager

675 Portola Drive  
San Francisco, CA 94127

SUSAN SELLS BERNAL HEIGHTS!

## Check Out the New Bernal Journal Online!

Part of the GUARDIAN Online Service: (415) 487-5700

# ON SALE

at The Good Life Grocery



Montana Pride  
Beef Stew Meat  
-reg 3.49 lb.

\$2.99 lb.

Wholesome & Hearty  
Gardenburgers  
10 oz. -reg 3.19

\$2.39

Cascadian Farms  
Organic French Fries  
Organic Country Potatoes  
16 oz. -reg 2.29



\$1.79



Clover Stornetta  
Egg Nog  
Regular or Light  
\$1.49 qt.  
\$2.69 hg.



China Cola  
Herbal Cola  
Beverage  
6x12 oz. cans -reg 3.89  
\$1.99



## Toys for Tots

Please donate a new  
unwrapped toy for  
the Toys for Tots program  
sponsored by the  
San Francisco Fire Dept.  
Donation Bins at your favorite  
Good Life Store



Sweetzels  
Ginger Snaps  
9 oz. -reg 1.99

\$1.49

Lundberg  
Hot 'n Creamy  
Rice Cereals  
4 varieties -10 oz. -reg 2.19

\$1.59  
Amber Grain -  
Cinnamon Raisin -  
Sweet Almond -  
Purely Organic



Greens  
Organic Vegetables  
15 oz. -reg 1.59

99¢

Emerald Forest  
Shampoo/Conditioner  
Gift Packs  
with free loofa -24 oz.  
WOW!  
\$6.99



Alta Dena  
Nonfat Liquid Yogurt  
All Flavors  
32 oz. -reg 2.99

\$2.49



Brown Cow  
Whole Milk  
Yogurt  
8 oz. -reg 99¢

75¢

Sale Prices effective  
December 5 - 25, 1995



R.W. Knudsen  
Organic Fruit Sparklers  
Non-alcoholic -all flavors  
25.4 oz. -reg 3.09

\$1.99

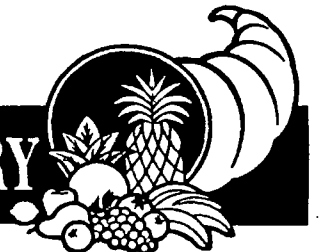


### Store Hours

Monday - Saturday  
9:00 am - 8:00 pm  
Sundays  
10:00 am - 6:00 pm

Free Parking  
Across the Street  
In our Very Own  
Parking Lot!

# The GOOD LIFE GROCERY



448 Cortland Avenue • Bernal Heights • San Francisco • 94110



For Peace & Justice  
On Earth  
Merry Christmas  
Happy Hanukkah  
from the staff of

The Good Life Grocery:  
Bong-Hee, Bridget, José,  
Kim, Debbie, Jason, Donlan,  
Vicki, John, Delina, Lorenz,  
Colleen, Jesus, Salvador,  
Anthony, Chuck, Rose, Sue,  
Kate, Ana, Rhandy, Shaun,  
Ian, Will, Teresa, Thanh,  
Alison, William,  
Kayren & Lester

# Lead Poisoning Alert!

**Many children in the Bernal Heights area may be suffering from lead poisoning, especially children living in older houses and apartments.**

Lead poisoning happens when lead gets into children's bodies. Even a small amount of lead can stunt children's growth, reduce their ability to hear, learn, read, think, pay attention and sit still. Sometimes the lead poisoning symptoms can be mistaken for the flu, and when the illness caused by the lead is advanced it cannot be cured.

If you have children in your home under the age of 6 (even for child care or regular visits) or you are pregnant, Bernal Heights Housing Corporation would like to help you by:

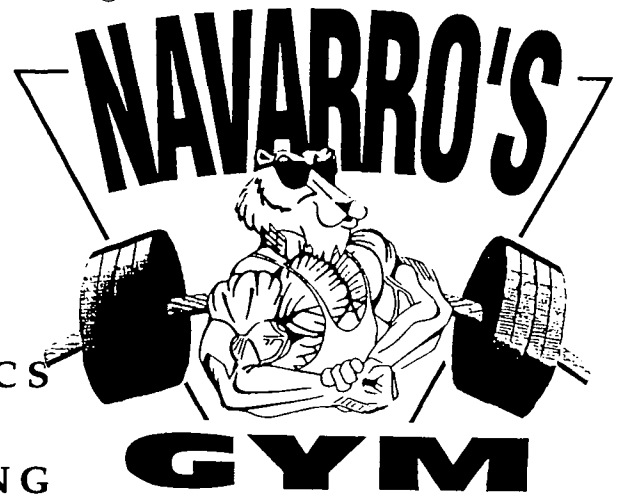
- Answering any questions you may have about lead poisoning
- Checking your home with you for signs of lead hazards
- If needed, having your home tested for lead and made lead safe, possibly for free, *depending on income level*

In addition, there is funding available through the Mayor's Office of Housing for free repairs in homes where lead hazards are found and *low-income* children six years or younger are present. These grants are available for repairs even if the family living in the building is not the owner of the property.

If you need additional information, please contact Eury Ramos, Lead Program Coordinator, at (415) 206-2150

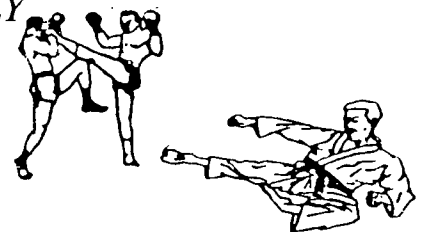
OVER 30 YEARS OF EXPERIENCE  
**YOUR BERNAL HEIGHTS  
NEIGHBORHOOD GYM**  
PROVIDING AFFORDABLE, QUALITY SERVICES FOR ALL BUDGETS

- Sauna
- Jacuzzi
- Showers
- Health Bar
- KARATE
- AEROBICS
- BODY BUILDING
- MUAY THAI KICK BOXING
- MEN, WOMEN & CHILDREN!



ALL THE ABOVE FOR ONLY

**\$49/** MONTH



or \$35/month for

ALL FACILITY USAGE EXCEPT  
MUAY THAI & KARATE CLASSES



**NO CONTRACTS = NO PRESSURE!**

**JOIN  
NOW!**

**(415) 550-1694**

**3470 MISSION STREET (OFF CORTLAND)  
SAN FRANCISCO, CA 94110**



Auto • Home • Life • Commercial

## America can depend on Farmers

Clarence Castillo Insurance Agency  
1434 Taraval Street  
San Francisco, CA 94116  
(415) 661-8092

**ARE YOU PAYING TOO MUCH FOR YOUR  
INSURANCE? I WILL OFFER YOU FREE  
COMPUTERIZED PREMIUM QUOTES WITH NO  
OBLIGATION. LET'S COMPARE AND START SAVING  
NOW!**

**HAPPY HOLIDAYS BERNAL!**

**MAY THE COMING YEAR  
BRING YOU  
HAPPINESS & PROSPERITY**



**Thanks To Everyone  
In The Neighborhood  
For A Great 1995!**

**Randall Kostick**

661-0269



**ZEPHYR  
REAL ESTATE & INVESTMENTS  
4040 - 24TH STREET  
SAN FRANCISCO, CA 94114**

## Power

cont'd from page 1...

Energy proposed an agreement in April of 1994, but PG&E refused to sign it, and is currently contesting its validity in court. Robert Morgan, Director of Site Certification for SF Energy claimed that it was unclear whether the agreement was even necessary. He went on to claim that PG&E intended to close "Two of the three units, putting them on 'Standby Reserve' status." This would give them the right to reactivate the units in the future, should they deem it necessary. Of course these units will also be rendered obsolete in 2001, making it illegal to run them for any length of time.

But the concept of "Standby reserve status" doesn't please Richardson. "PG&E has stated that this is NOT a replacement. They intend to retrofit some of these units [so they could be operated after 2001], and even if they put them on standby, they could turn them back on at any time. Standby is not the same as replacement."

There seemed to be some confusion at PG&E over the matter as well. Peter Ouborg, who works in media relations for the power giant, was unclear about the company's position on the matter, and refused to state a policy without a PG&E lawyer present. Scott Blakey, the lawyer that Ouborg expected to clear the situation up, claimed he was too busy to answer questions, and would not return later phone calls. Before he had defaulted to the lawyer, however, Ouborg said that he knew of no plans to shut down any of PG&E's current plants. He said the CEC had demanded 2 units be decommissioned, and that PG&E had instead agreed to put them on standby. He also said he was talking about 2

units out of 6, not out of 3, calling into question the 'unit' measurement used by SF Energy.

The bottom line appears to be the lack of a binding agreement between SF Energy and PG&E. This means that anything is still possible, including the option of PG&E retrofitting their existing

**"This is a minority community, for God's sake! It is unethical"**

-- Linda Richardson

plants, effectively allowing them to keep them running indefinitely. Although SF Energy claims they have always talked to PG&E about selling 100% of their power, Margaret Verges of SAEJ said she believes they could sell the power to other communities, if there were a surplus. Morgan claims this assertion is, "a flat out lie."

### ENVIRONMENTAL RACISM

"AES [a parent company of SF Energy] is engaged in a multi-million dollar propaganda campaign. This is a minority community, for God's sake! It is unethical," says Richardson of the plan to locate the plant in Hunter's Point. "Do you know what we already have in this neighborhood?"

In addition to the two PG&E power plants, the Bay View / Hunter's Point community is host to a Federal and a State Superfund site, 58 reported underground storage tanks which leak, 9 acutely hazardous material facilities, 22 businesses licensed to store hazardous materials, and 81 sites currently being reviewed by the Local Oversight Program. Residents are predominantly African American, with sizable proportions of

Asian/Pacific Islanders and Latinos. Cancer rates are reportedly much higher than national averages, both in BV/HP and in San Francisco as a whole. Breast cancer, in particular, is supposedly ten times the national average in BV/HP.

"And isn't that a great issue for them to link to the power plant," said Morgan, when confronted with the claim. "The truth is there has been no research linking power plant emissions with breast cancer. This is just another way they try to generate fear in the public. It's all about fear and lies."

Richardson agreed that there was no hard evidence, "because power companies themselves are the only ones to undertake such a study. We can't wait for the results of a 30 year experiment, this is just common sense."

Indeed, San Francisco Supervisors Alioto, Hallinan, and Bierman have co-sponsored legislation which would create a moratorium on major industrial developments in BV/HP until a health assessment of the area can be completed. Alarming rates of respiratory ailments have been noted, in addition to the previously detailed cancer statistics. In addition to the air pollutants, it is widely accepted that electro-magnetic fields, generated by high voltage power lines, significantly increase cancer risks, especially among children.

Morgan dismisses the health risks, citing the CEC's own assessment. "There was an 18 month review which covered everything: That the plant is really needed, that it is state-of-the-art, as clean as is technologically and humanly possible, that it is a significant improvement over

existing plants in the area, and that our commitment to the community is genuine."

"There's no way we can take this anymore," counters Richardson, "people are dying here. San Francisco is only 49 square miles; it won't just be my community that suffers if this plant is built. A beautiful city like this deserves better. [This plant would dump] 320 tons of pollution into the air each year. You don't have to have a Ph.D. to know what that's going to do."

### ECONOMICS

SF Energy has promised 50% of all jobs, both during construction and after, will go to members of the BV/HP community. All contractors and sub-contractors will have to sign contracts to that effect. During construction, estimated to be a 24 month period, this could mean hundreds of jobs. After the plant is operational, only 25 people will be required to operate it, meaning only 12 permanent jobs for the neighborhood.

Additionally, SF Energy and their parent corporations, AES and Southern Natural Gas, have promised 13 million dollars will be given to the community over the next 30 years. An advisory board

to counter are best articulated by Richardson's argument: "This is a payoff. What about the health costs? What kind of industries will we attract with a power plant?" Richardson claims that the money will only be given to organizations that support the power plant, or will agree to support it. "What we will be losing here in future industry will be worth much more than 13 million dollars. The decrease in property values alone will be enormous, and it has already begun to happen," she explained.

To the issue of new jobs for the community, Richardson countered, "After two years you destroy a community. At what cost do these jobs come?" Concerned with the long-term economic vitality of the neighborhood, Richardson stated her organizations' support for a proposed naval shipyard, and maritime academy in BV/HP. "We welcome these industries," she explained, "but we can't take anymore pollution — people are dying here."

When asked about the issue of giving money only to those organizations which support the power plant proposal, Morgan said, "We picked worthy causes, and we put our money where our mouth is." He denied the accusation, but failed to explain how SF Energy determined which causes were the "worthy" ones.

### BERNAL HEIGHTS

How the emissions from the proposed power plant will affect air quality in Bernal Heights is also contested by the two sides. "Parts of Bernal

Heights will be less than a mile away from the plant," stated Richardson, "and the CEC has listed you as a 'Sensitive Receptor' — you will suffer significant air degradation."

"Totally untrue," said Morgan, "we take very seriously our safety and environmental record. Studies of the weather patterns show the wind blows toward the bay for two-thirds of the year, and a little bit in each direction for the remainder. Toward Bernal Heights, maybe one tenth of the year."

### CREDIBILITY

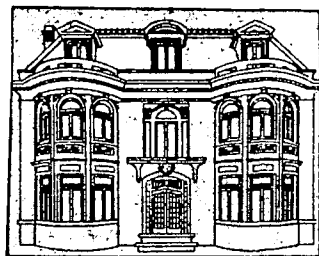
AES, parent company of SF En-

**"...there has been no research linking power plant emissions with breast cancer"**

-- Robert Morgan

will be created, composed primarily of community members, which will help decide where the money is to go. SF Energy, however, will make all final decisions, and the board will dispense advice only. SF Energy has already started to give money to the community, including a \$10,000 contribution toward a school library. SF Energy literature quotes the principal of the school, Faye Anderson, as saying, "SF Energy is one company that put their money where their mouth is. There were no strings attached. I didn't have to sign-off on anything."

The allegations they are trying



**KATHERINE  
MICHIELS  
SCHOOL**

Lic. #380-50-4523

*A well-balanced program of academic education, creative shared play, and structured activities — an active school experience for growing children.*

**AGES 3 MONTHS TO 8 YEARS**

Infants-Preschool-Pre-K • Kindergarten - First and Second Grade  
Daycare 7:00 am to 6:00 pm • Evening care 2:00 pm to Midnight

**Open House by appointment, each Tuesday at 9:30 and 10:30 am  
(415) 821-1434 ext. 11**

Katherine Michiels • 1335 Guerrero • San Francisco, CA 94110

**BOOKS**  
**THE HOLIDAY GIFT SOLUTION**

★ Special Orders Welcome ★  
VISAMC

**GLEN PARK  
BOOKS**

Hours  
Mon-Sat 10am-9pm  
Sun 10am-5pm



2781 DIAMOND ST.  
SAN FRANCISCO, CA  
(415) 586-3733



**COOPERATIVA POPULAR  
TEODOSIA**

**HANDMADE  
CRAFTS & ART**

**Come Visit our Unique Gift shop/Artist Co-Op,  
Showcasing Handmade Crafts & Artwork**

*We feature the work of both new and well established local artists from a wide range of backgrounds and cultures including artworks by the homeless, kids and disabled adults.*

**Handmade Cards • Gifts • Candles • Jewelry • Artwork  
Ceramics • Chimes • Leather Masks • Mirrors • And more!**

*Tuesday - Friday, 1:00 - 8:00 p.m. Saturday & Sunday, 11:00 a.m. - 7:00 p.m.*

**430-A CORTLAND AVE. • S.F. • 642-9223**

**WE NOW ACCEPT  
VISA • MASTERCARD  
AMERICAN EXPRESS**

**ADVERTISE!  
CALL  
(415)  
206-2144**



ergy, has been the target of numerous accusations from environmental groups, including Greenpeace. Allegations include:

- Neglecting to notify the state of toxic spills
- Illegal dumping
- Falsifying reports
- Deceiving local governments

Many of these accusations are documented, but their significance is contested. Asked specifically about each incident, Morgan offered explanations. "The 'toxic spill' we didn't notify the state about was just lime. They used to make tennis courts out of it. We cleaned it up, and thought that was enough." Greenpeace claims the spill was not cleaned up adequately, and that the same plant, in Newell, California, has been fined several other times for various illegal activities.

The question becomes the relative severity of AES' transgressions. Clearly there are a number

of instances which look very bad, but the possibility exists that these instances could be standard tribulations that every power company runs into. That's what SF Energy claims, and they assert that AES has a safety and environmental record superior to national industry averages. The comparison, however, is based on AES's self-reported statistics.

"They make PG&E look like angels," said Richardson of AES' record. "They dangle all this money as bait," she stated, "but don't think it won't affect you. Don't think that it won't reduce your property value. And don't think that it won't kill people."

The final approval from the CEC is expected some time this month, and then the proposal must be approved by the Board of Supervisors. Those interested in communicating their opinions are encouraged to write to the supervisors as soon as possible.

### FOR MORE INFORMATION CONTACT:

#### Greenpeace

(415) 512-9025  
568 Howard St., 3rd Floor  
San Francisco, CA 94105

#### PG&E

(415) 973-5930  
P.O. Box 52001  
San Francisco, CA 94152

#### San Francisco

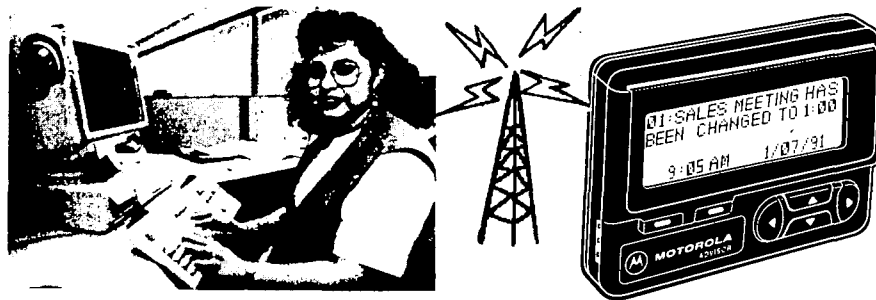
Energy Corporation  
(415) 395-7899  
3801 Third Ave  
San Francisco, CA 94124

#### Southeast Alliance For Environmental Justice (SAEJ)

(415) 824-4102  
P.O. Box 880961  
San Francisco, CA 94188

Advertise in the NBJ: (415) 206-2144

## ALPHA-NUMERIC PAGING



Alpha-Numeric "Full Message" Paging  
24-Hour Live Operators Answer Your Line with A Personal  
Greeting -- Sending You Full, Complete Messages ...

**FOR LESS THAN \$2 A DAY!!**

Self Dispatch (type your own messages) for less than \$1 a day!

also...

Whatever Your  
Communication  
Needs...

**Cotton  
Communications**

Has Your Answer

**Numeric Paging  
Voice Mail  
800 Numbers  
Extended  
Coverage  
Cellular Phones  
& Service  
Accessories**

**(415) 285-4451**

**I KNOW WHERE YOU'VE BEEN SPENDING ALL YOUR TIME**

**I KNEW I COULDN'T KEEP IT FROM YOU FOREVER**

**WHY DIDN'T YOU JUST TELL ME ABOUT**

**The New Bernal Journal ON-LINE?!**

**MY DEAR, SOME THINGS ARE JUST TOO GOOD TO SHARE. LUCKILY, THIS ISN'T QUITE ONE OF THEM.**

**The New Bernal Journal is now ONLINE, AS PART OF THE SF Bay Guardian Online service. IMAGINE, ALL YOUR FAVORITE NEIGHBORHOOD COLUMNS AND ARTICLES AT THE TOUCH OF A BUTTON. PLUS, IT'S FREE, AND YOU GET AN INTERNET E-MAIL ACCOUNT! JUST BOOT UP YOUR COMPUTER, DIAL 415-487-5700, AND THANK ME LATER. YOU'LL HAVE TO DOWNLOAD THEIR SOFTWARE, OR call the NBJ AT (415) 206-2144 AND THEY'LL GET YOU A FREE COPY. ONCE YOU'RE ONLINE, GO TO THE Bernal Heights folder IN THE 'SF HOODS' AREA, AND LIVE IT UP!**

**415-487-5700**  
Modem Line

## TECH-1 AUTOMOTIVE

POTRERO HILL'S FIRST FULL SERVICE GARAGE

**OPEN  
7 DAYS  
TECHNICIANS  
ON DUTY!**

- FREE PICK-UP & DELIVERY
- FREE LOCAL TOWING  
(DIAGNOSTIC FEE REQUIRED, WILL APPLY TO AUTHORIZED REPAIRS)
- COMPLETE BRAKE SERVICE
- NEW WARRANTY MAINTENANCE SERVICE
- TIRE & WHEEL SERVICE
- COMPLETE COOLING SYSTEM SERVICE
- STRUT & SHOCK REPLACEMENT
- CLUTCH SERVICE
- TRANSMISSION SERVICE
- COMPLETE TUNE-UP SERVICE
- ELECTRONIC ENGINE CONTROL REPAIRS
- ELECTRICAL REPAIRS
- OIL CHANGE SERVICE
- COMPLETE DIAGNOSTICS CHECK-UP
- FREE BLUE BOOK VALUE INFORMATION
- EMERGENCY AUTO REPAIRS
- FLEET REPAIRS ALSO AVAILABLE

**SPECIALIZING  
IN  
FOREIGN  
AND  
DOMESTICS**

CALL NOW FOR AN APPOINTMENT - ASK FOR ROBERT OR EDGAR



**1460 ILLINOIS STREET**  
(AT 25TH STREET, OFF ARMY ST.)

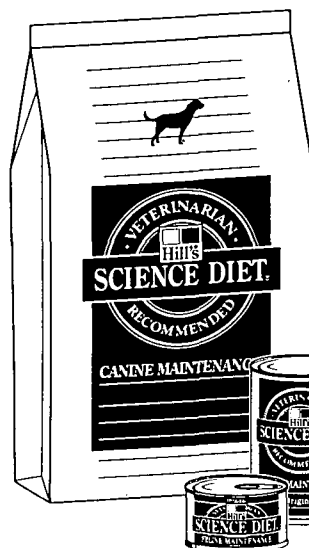
**550-8534 OR 550-8603**



VISA \* MASTERCARD ACCEPTED!

**"THE SERVICE SHOP YOU'VE BEEN LOOKING FOR"**

# SCIENCE DIET® SAVINGS



Save on Hill's® Science Diet® right now and see the difference in the health of your pet in 60 days, or your money back!



## CANINE

Maintenance

10lb. \$9.99

20lb. \$15.99

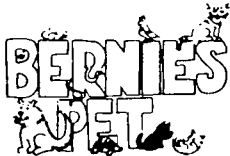
## FELINE

Maintenance

10lb. \$13.99

20lb. \$22.99

**SAFE &  
EASY  
PARKING**



**SUPPLIES**

1367 Valencia Street  
Between 24th and 25th  
San Francisco, CA 94110  
(415) 550-2323



- Dedicated to -

**A Healthier Balance  
for a Healthier Pet**

©1995 Hill's Pet Nutrition, Inc.

## Halloween - Quite a few kids on Cortland



Bernal Kids prepared to hit the streets on Halloween.

by Kristin Hofso

Kids from all over Bernal Heights came trick-or-treating on Cortland Avenue this Halloween. The merchants and neighbors gave out bag after bag of candy. The Cortland Merchants Association had arranged for all the stores to stay open from 5-8pm, and be ready with goodies for the trick-or-treaters. "The Merchants wanted to provide a safe and fun environment for the kids on Halloween," says David Rogers, president of the Merchants Association.

"It is the most successful Halloween for kids I have ever seen," said Donna Roberts of Brown Bear Realty. Roberts returned to Reliable Grocery five times to restock her supply of candy. Finally, the grocery store ran out, and a desperate Roberts attempted to substitute peanuts. The kids would have none of it. Their parents had told them to only accept individually wrapped candies, and that's what they did.

Dorothy Coakley, the children's librarian, had organized a haunted house in the library basement for the kids to visit. "We had a line all evening and gave out 500 candy canes before we ran out." The Dark Horse, an antique store on Cortland, had its own haunted house of sorts. The store was decked out with skeletons and cobwebs lit by dozens of candles and lanterns. Kids loved it.

One bicycle policeman was on the street to make sure everything was safe. But there was no trouble at all. Just hundreds of kids dressed as goblins, fairies, princesses, death, and Freddie Kruger, milling around on Cortland from Nikos on Anderson to the Deli Pub on Bocana. "We are definitely making this a yearly tradition," said Kathleen of Heartfelt.



*We build strong kids, strong families,  
strong communities*

## MISSION YMCA

4080 Mission Street  
(Between Bosworth and Silver)  
Tel: (415) 586-6900

## NOW ENROLLING!

For the following activities:

- **Pre-school**  
Year-round for ages 2-5yrs.  
Hours are 7am - 6:30pm
- **After-school**  
Transportation from local schools  
Homework assistance!
- **Aerobics**  
Hi/Lo & STEP classes for adults  
\$5 per class, 3 mo.'s membership free
- **Senior Center**

*YMCA programs are open to everyone. Financial Assistance, to the extent possible, is made available through the generosity of donors.*

Serving the Noe Valley, Glen Park, and Greater  
Mission neighborhoods since 1953

# Volunteers Needed to Deliver the New Bernal Journal

Although the *NBJ* is currently delivered to each doorstep in Bernal, some volunteers are doing more than their share. To save them from burnout, if any neighbors who live on the blocks listed below are interested in volunteering, please contact Mauricio Vela at the BHNC, 206-2140. *It's only a six time per year commitment and you can be part of a 33 year old Bernal tradition!*

Street Name	Block Number	Street Name	Block Number
Ellsworth	300-600	Folsom	3800-4100
Nevada	200-500	Putnam	000-300
Bronte	000-200	Bradford	200-300
Highland	300-400	Crescent	200-300
Bache	1st Block	Porter	1st block
Roscoe	1st Block	Arnold	1st block
Holly Park Circle	200 block	Mission	3500 block
Stoneman	000-100	Shotwell	1400-1500
Cortland	000-200	Winfield	000-400
Prospect	000-400	Aztec	000-100

## Around the Neighborhood

With Gloria Allen

### Gloria Visits That Funky, Little Pet Store On Cortland

Countless times I have driven past San Francisco Pet & Aquatics, a faded storefront adjacent to the Pizza Express, and wondered if there was any life or activity within. Today I am grateful that David Rogers, whose custom leather shop is on the next block of Cortland, suggested that I call Jim & Dorothy Chisholm who have operated their business out of this location for the past forty years. It is one of the oldest businesses on Cortland along with J.C. Supermarket, the Bank of America, and Arrow Pharmacy. Jim remembers earlier days when Cortland Avenue also had a bakery and a shoe repair shop.

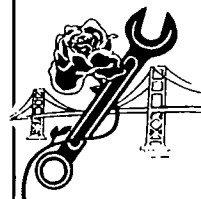
Inside, the store is bubbling with the love of life that Jim and Dorothy have shared for each other over the past forty-seven years. It is a love they also feel for their community and the many young people who have crossed their path.

Jim started out raising tropical fish as a hobby, originally breeding them in his basement. With the help of a partner, he established credit with a large wholesaler and began importing fish from China, Japan, South America and Florida. When they outgrew the basement, they moved to Cortland. Jim bought out his partner and learned the art of dog grooming which — as Jim explains it — is in knowing how to relate to each individual dog. Jim con-

tinued to work for MUNI retiring after earning 3 MUNI "Man of the Month" awards for his safe and courteous driving. Dorothy worked at The San Francisco Naval Shipyard until it closed. Today in addition to running the store, she tutors students at Paul Revere School. Both she and Jim are also responsible for establishing black history exhibits at the school.

Jim and Dorothy met when they were teenagers. He came to the West Coast from the Midwest to live with his father, after his mother died. This early loss contributed to his resourcefulness. Dorothy came here from Louisiana, and while she was attending University High in Oakland she met Jim who was at Tech High. They have lived in their home in Oakland for the past 26 years. They have a son, daughter-in-law and grandson as well as the countless children whom they have lovingly guided to adulthood.

Jim likes to say that, "I set up my game plan." When Dorothy says that, "you get what you put in," Jim affectionately teases her for being the advocate of life. We had walked from the pet shop to Pizza Express, sat in a booth and sipped sodas served by John and Romisch, the owners of the place. Life is always brighter and warmer when we pause to visit with our neighbors.



**SAN FRANCISCO AUTO REPAIR CENTER**

611 Florida Street (Near 18th St.) • S.F., CA 94110

(415) 285-8588

### VOLKSWAGEN OWNERS

**LOVE YOUR VW? WANNA KEEP IT ALIVE?  
WE OFFER YOU THREE POSSIBILITIES**

- Our VW department is manned by two mechanics with a combined total of 70 years of VW repair experience
- We offer a unique service with our "do it yourself" plan. Become a member and you have a place to work, the tools you need, and the technical advice to get the job done
- We offer two types of auto repair classes
  - ◆ A VW class specifically for learning about your air-cooled VW
  - ◆ Basic Auto Repair Classes for men & women

**You can see that we have all bases covered  
We would be pleased to assist you in any  
of the directions you choose**

**San Francisco Auto Repair Center**

services all domestic and foreign vehicles

Official California Smog Station

Honest work at fair prices

**Open 7 days a week**



 <p>SAN FRANCISCO AUTO REPAIR CENTER (415) 285-8588</p> <p><b>\$10 OFF</b> <b>SMOG INSPECTION</b></p> <p><small>EXPIRES 12/31/96</small></p>	 <p>SAN FRANCISCO AUTO REPAIR CENTER (415) 285-8588</p> <p><b>FREE BRAKE &amp; SAFETY INSPECTION.</b> (\$22 VALUE)</p> <p><small>EXPIRES 12/31/96</small></p>	 <p>SAN FRANCISCO AUTO REPAIR CENTER (415) 285-8588</p> <p><b>\$10 OFF</b> <b>OIL CHANGE</b></p> <p><small>EXPIRES 12/31/96</small></p>
---	--	--

## Put your Mind and Body At Ease

**BODY LOGIC**

**415-923-1277**

get a healing and relaxing massage

Daniela Schwarz is an  
experienced, certified & licensed  
**MASSAGE & ACUPRESSURE  
THERAPIST.**

She has worked for many hospitals,  
health centers and doctors in Germany.

She also has worked & managed  
saunas & spas in San Francisco.

Sessions are starting at  
\$45.- per hour

With this ad, first 1 hour session

**\$39.95**

expires December 1995

*Strictly Non - Sexual*

## She is the Bernal Heights Real Estate Specialist

*Personal & Professional Service*

*Gloria Allen*

Thanks to all who stopped by  
my FIESTA '95 BOOTH and  
participated in the LUNCH FOR  
TWO (\$50 gift certificate) at the  
Liberty Cafe. JENNIFER  
KNUDSEN of Bernal Heights  
was the WINNER!

430 Nevada Available

400 Cortland SOLD!



If you want your property  
featured here in Bernal's *only*  
paper, call the Bernal Heights  
specialist.

Please contact:

**GLORIA ALLEN**

Broker Associate

For all your real estate needs

1700 California Street, Suite 260

San Francisco, CA 94109

Bus (415) 441-0656 x 227

*We Sell San Francisco®*



# CLASSIFIED ADS

## HOME CARE/SERVICES

**Looking for a twelve year experienced,** reliable housecleaner? Stop your search! Call KJ now at 415-285-3014.

**Massage Therapy for Women,** focusing on relief of neck and back tension. My office or in your home. Janine, L.M.T. 647-2702.

**Exercise in downtown Bernal Heights!** Stretch, Tone, Relax class Mon & Wed 9-10AM & Dance Inspired Exercise Class Sat 8:30-9:30AM at Lama's Kenpo Karate Studio, 461 Cortland Ave. Call Laura @ 282-0561 for info.

**Peaches Painting.** Add color to your life (inside/outside). Service with care at rates that are fair. Since 1980. License #618693; 25 percent off with ad. 641-9434.

**Compassionate Arts.** Acupuncture, Chinese herbs, bodywork and more. Promoting natural healing in a comfortable Noe Valley environment. Sliding scale available. Steven Cardoza, M.S., L.Ac. 826-9246.

**Rainforest Medicinal Herbs.** 10 formulas to combat Cancer, HIV, AIDS, environmental detoxification, Diabetes, male impotency, all natural. 282-4169.

## INSTRUCTION

**Natural/Non-Toxic Housecleaning.** Clean and Green will get your home spotless! Weekly, bi-weekly and special occasions. Thorough, Dependable, References. Janet 281-9622.

**Music Lessons - Classical Piano** with Blues & Improvisation, Vocal Coaching - Jazz, Pop & Showtunes. BMUS, MFA Paris Conservatoire. 821-2737.

**Flute or Saxophone lessons** for any age or level. Classical, Jazz styles taught by experienced, credentialed teacher. Leslie Lind 285-2155.

**Piano Lessons for children,** teens, adults, using traditional and Suzuki methods and a variety of musical styles. I have an education degree from SFSU and 16 years experience in San Francisco. Call Patricia Avery, 550-8299.

**Piano Lessons with patience** and humor. All styles and improvisation. Former member S.F. Mime Troupe and Pickle Family Circus. Randy Craig 285-9155.

## PET CARE

**Tender Loving Care.** Since 1983, experienced, compassionate, personalized petcare in your home by local animal lover. Mid-day dogwalking available for busy professionals. Enjoy peace of mind and happy pets! Reasonable, Reliable, References. 695-0511.

## RENTALS/REAL ESTATE

**Looking for apartment,** non-share, up to \$450. I'm a poet, dancer, graduate student and poetry teacher. Love Bernal Heights! Jennifer (510) 655-2278.

**Office space for rent** for practitioners of Alternative Medicine: Nutrition, Homeopathy, Massage, Acupuncture, etc... Valencia Healing Arts Center (Valencia at 23rd) 415/647-6222.

**Great Winter Skiing Soon!** Beautiful Tahoe home in prestigious Incline Village. Ski Squaw, Alpine, Diamond Peak. Large kitchen, 3 bedrooms, 2 baths, steam/sauna room, livingroom with fireplace, 2 decks, garage, all appliances & laundry. 282-7955. Call Now.

**Sunny Mexico!** Five star Beautiful Terra Sol Condos Beach Resort, Cabo San Lucas. Step from deck to the sand! 2BD, 2B, kitchen, jacuzzi, pools, Lovers Beach, great fishing, diving. 282-7955.

## JOBS AVAILABLE/WANTED

**Manicurist Station For Rent.** Potrero Hill Salon Seeks mature Manicurist - natural nails only. F/T or P/T call Lorri 641-1251 or write The Total You, 1419 18th St. SF 94107.

## PROFESSIONAL SERVICES

**The Traveling Mechanic.** 25 yr. experience foreign, domestic, brakes, tune-ups, clutches, general repairs, licensed and certified. All work guaranteed 30% below shop rates. Honest & dependable, convenient location. Shop/ 621-8673. Pager/ 739-0949.

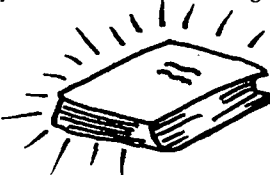
**Family Day Care in Bernal Heights.** Licensed. Home cooked meals. Loving home environment. CPR and First Aid. Infants Toddlers and School Age. Open Monday through Friday. Please Call 647-1427.

**Feisty, Friendly Psychotherapist** with over 20 years experience.

## BERNAL BOOKS

A community bookstore for Bernal Heights and beyond . . .

Open  
Tues-Sun  
at 10am



Rachel Pepper  
Owner

401 Cortland Ave, SF 415-550-0293  
e-mail bernalbks@aol.com

### 8,000 copies of your business card here!

To advertise call **206-2144**



### One Of The Hardest Tests You Take Won't Be In The Classroom.

Which would you choose?

- A. menthol C. none of the above  
B. extra long

The answer is C. To learn more about the dangers of smoking, call 1-800-AHA-USA1.

You can help prevent heart disease and stroke. We can tell you how.



**American Heart  
Association**

This space provided as a public service. ©1994. American Heart Association

perience. Individual and couples work, groups and dynamic workshops for fear and depression busting. New groups forming: Midlife Women's Group, In-depth Psychotherapy Group for Women, Midlife Singles Group (men and women). Call for a free phone consultation and more information. Phone 641-4553.

**All Things Macintosh:** Hard disk problems? Quicken • Word • Excel etc. Let me come Computerize/Professionalize your business. References • Roslyn (510) 526-1209

**Consulting. Business, Personal, Academic.** Writing, Research, Data Analysis. Self-Enhancement training workshops and seminars on a variety of topics. Professional. Competitive Rates. Call for full listing of services offered. Ph.D., author and MBA. (415) 641-6115.

**Health Insurance.** Free quotes for individuals, families and small businesses - blue Cross, Blue Shield and other 'A' rated plans, HMOs, Medicare Supplements, Long Term Care. Let an expert assist you. There's no extra cost for using an agent! Call Bill Hannant. 647-7012.

**Tax Preparation for individuals,** financial services and bookkeeping for travelers and the distracted. enrolled Agent licensed to represent clients before the IRS. Reasonable rates, 10% discount to Bernal Heights residents. 695-1819. Gretchen Beck.

**Telephone Jacks** and Wire Installed or repaired in your home or business. 35 years experience. Call Gene 826-8419.

## CLASSIFIED ADS

**ONLY 20¢ per word!**

TOTAL \_\_\_\_\_ words @ 20¢ per word = \$ \_\_\_\_\_  
TOTAL ENCLOSED

**20 word minimum.** Hyphenated words count as 2 words. A phone number counts as 1 word. Placement order of an ad is at random at can not be requested. If you desire a tear sheet after publication, send a self-addressed stamped envelope and include a \$2.00 handling fee with your payment. If we misprint your classified ad and the error affects the value or content of your ad, we will repeat a corrected version in our next issue. **PLEASE PRINT CLEARLY!**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

DAY PHONE: \_\_\_\_\_

Send this form along with **complete payment** to the:  
**New Bernal Journal, 515 Cortland Avenue, SF, CA 94110**

**Don't miss the next issue of the  
New Bernal Journal Feb./March'96**

(delivered on 2/2/96)

**NEXT CLASSIFIED AD DEADLINE: 1/26/96**

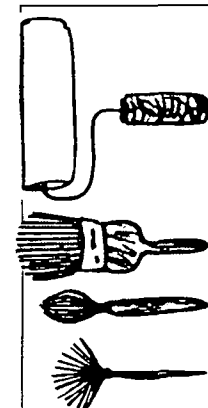
Bernal

A WOMAN-OWNED

• SUB/•RU • TOYO  
• HONDA • GM  
Complete Domestic and Foreign  
Tires • Alignments • Brakes

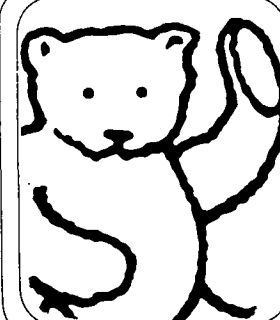
**AUTO**

185 BAYSHO



interior  
f

studio 415 8



**Gift**

Hand  
afghans

Mad

All proce

**513 C**

Bernal He

Mon-Fri,

### LOW IN FOR H

The City of San Francisco are working together to offer a Program to low income households. \$40,000 are available at only \$100 per month. Threatening hazards and health hazards deferred for ten years; senior citizens Bernal Heights property owners one year and qualify under the program.

Family of 1: \$27,800  
Family of 4: \$39,700  
Family of 7: \$49,250

Call BHHC at 206-21

Providing quality and care s



**MISSION  
NEIGHBORHOOD**

Se habla Español

GLENN S. BELEN, DDS ELIZABETH S. SOTTO, DDS  
HERMES S. SOTTO, DDS MELANIE S. SOTTO, DDS

- Nitrous Oxide, Stereo Headphones
- Preventive Care
- Bleaching
- White Fillings
- Dental Insurance Accepted
- General Dentistry

**641-8900**  
**3208 Mission**

One block from St. Luke's

Member: ADA, CDA, SFDS, UOP & UCS





# tion

**NEAR ARMY**

(415) 647-6448

# Bernal Heights Neighborhood Center News

## Service to elders in Bernal one of the best in the nation

On November 15, the Bernal Heights Neighborhood Center hosted an Open House to kick off their new project, the Neighborhood Elders Support Team. Elders, staff, agency representatives and friends gathered to toast the Center's honor: being one of the ten agencies nation-wide selected to receive an Administration on Aging Neighborhood Senior Care Program award.

David Ishida, Executive Director of the San Francisco Commission on the Aging, spoke of the importance of the Neighborhood Elders Support Team as a role model for other agencies in the city who serve seniors. Anne Warner-Reitz from the Bay Area Independent Elders Program said that NEST is the realization of her foundation's goal of developing new and effective ways to care for frail elders in the Bay Area.

The Neighborhood Elders Support Team (NEST) is an expanded model of the Center's case management program, the Bernal Elders Support Team (BEST). The award increases the program's capacity to serve frail and

homebound elders. Funding of \$119,838 from the Administration on Aging provides 69% of the cost of NEST's community-based model of senior service.

By the year 2010, the first batch of baby boomers in our country will become senior citizens. Our nation, however, is behind in developing cost effective systems of care needed to deal with this huge aging population. In response to this ultimate dilemma, the U.S. Department on Health and Human Services has awarded grants through the Administration on Aging to find innovative neighborhood solutions.

NEST helps frail elders to remain independent in their own homes by providing peer case management and coordinating neighborhood volunteers to provide practical and emotional support. By implementing the age-old tradition of neighbors helping neighbors, elders can avoid unnecessary institutionalization.

For more information about or to volunteer with the Neighborhood Elders Support Team, call 206-9177.

## Bernal Heights Recreation and Park Department

### 1995 Program

Alternative Site -  
Paul Revere Playground,  
555 Tompkins

#### Monday

3:30 - 4:30  
Homework Assistance  
4:45 - 5:45  
Table Games or Kickball

#### Tuesday

3:30 - 4:30  
Tutoring & Homework Assistance  
3:40 - 5:00  
Volleyball Mechanics, Running, Basketball  
4:45 - 5:45  
Arts & Crafts, Ping Pong, Checkers, Chess

#### Wednesday

3:30 - 5:00  
Homework Assistance, Running, Touch Football  
5:00 - 5:45  
Dance Program, Table Games

#### Thursday

3:30 - 5:00  
Tutoring, Basketball, Running, Volleyball  
5:00 - 5:45  
Table Games, Tumbling, Exercise Program

#### Friday

3:30 - 5:45  
Movie Day, Team Practices

#### Saturday

11:30 - 4:30  
Youth Sports Play Day  
(Youth decide which sports to play)  
Day Outings

## Holiday Wish List

The Bernal Heights Neighborhood Center would like to ask your help in helping to make the season merrier for our youth and seniors!

### Volunteers Needed

Call Senior Services, 206-2145

- Sun. 12/10, 9:00 - 1:30. Able cooks to help flip pancakes and keep kitchen tidy at Pancake Breakfast fundraiser.
- Wed. 12/20, 10:00 - 11:00 or 1:00 - 2:00. Christmas Party for seniors needs a piano player and song leader to lead Christmas sing-a-long.

### Christmas Gifts Needed

Call Youth Services, 206-2140

- Toy Give-a-way on 12/21 needs new toys for low income kids and youth, especially for kids ages 10 - 12 years old.
- Christmas Wrapping Paper and ribbon needed to wrap toys for children and community youth.

Call Neighborhood Elders Support Team, 206-9177

Would you like to make a special Christmas for an isolated elder here in Bernal? Elves are working 'round the clock to find the following items for love-filled Yuletide baskets.

Cosmetic bags  
Colorful headbands  
Kleenex  
Blank greeting cards, stationery  
Postage stamps  
Picture frames  
Large print books  
Nightlights  
Crossword puzzles, word search games  
Boxed candies and cookies  
Boxed or packaged teas  
Safeway, Walgreen's, or bakery gift certificates  
Sugar-free treats and candies

### Personal Hygiene and Beauty Items:

shaving cream, disposable razors, soaps, lotions, cologne, powder, etc.  
Small potted plants such as: poinsettias or little pine trees

Baskets of any size, for filling with Christmas goodies  
Wrapping paper, ribbon and decorations

Gifts and fixings can be dropped off at 513 Cortland, or call the Neighborhood Elders Support Team at 206-9177 to make other arrangements.

We elves thank you for your kindness!



Need to get the job done?

## Hire Youth!

Bernal Heights Youth Job Referral Line

Ready for Work Program: **920-2691**



## Join the BHNC!

As a member who lives in Bernal you are eligible to vote for the BHNC Board of Directors at the Annual Community Congress, receive newsletters and meeting notices, participate in our services and activities, and have a say in shaping the future of Bernal Heights!

**My annual membership dues are enclosed. I subscribe to the mission and goals of the Bernal Heights Neighborhood Center.**

Name \_\_\_\_\_  
street address \_\_\_\_\_ apt. # \_\_\_\_\_  
city \_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_  
phone \_\_\_\_\_ race/ethnicity (optional) \_\_\_\_\_  
date \_\_\_\_\_

### ANNUAL MEMBERSHIP DUES:

- |                              |                             |
|------------------------------|-----------------------------|
| ( ) Regular \$15             | ( ) Church/Non-profits \$25 |
| ( ) Senior or Low-income \$5 | ( ) Business \$50           |
| ( ) Youth \$1                | ( ) Supporter \$50          |
| ( ) Family \$25              | ( ) Friend \$100            |
| ( ) new membership           | ( ) renewal                 |

Please return membership application to:

**Bernal Heights Neighborhood Center**  
515 Cortland Avenue, San Francisco, 94110

THANK YOU FOR YOUR SUPPORT!

PARTICIPATE IN THE FUTURE OF BERNAL HEIGHTS

The Bernal Heights Neighborhood Center presents the annual

## Christmas Toy Drive

### Help Donate New Toys

to low-income children in our community and make their holidays merrier!

Please bring your donations to the Neighborhood Center, 515 Cortland Avenue  
9am - 6pm, Mon - Fri, or look for a neighborhood toy barrel by December 15th for wrapping.  
To volunteer or for info Call 206-2140.

Applications for children to receive gifts on December 21st are also available.



# Bernal Heights Neighborhood Center News

## Bernal Children and Youth Make Sure Brown and Jordan Remember them on Run-off Tuesday



Bernal youth are greeted in the campaign offices of Willie Brown as they pursue their 'Reminder Campaign.'

by Alfredo Vergara & Mauricio Vela

As election day nears, Bernal Youth gathered on Tuesday, November 21, to pay a visit to both Mayor Jordan and Assemblyman Brown campaign offices reminding them of their recent commitment to Bernal children & youth. The youth had written letters thanking both candidates for embracing the Youthtime campaign. The letters included pictures of a van, which was recently funded by State Farm Insurance Company but still needs to be insured, and pictures of our BHNC youth baseball teams. The Bernal contingent was well received by both campaigns with youth leaving with campaign memorabilia, goodies and a commitment that both candidates would receive their reminder gifts. The Bernal Heights community had requested a van and expanded hours of youth activities as part of the city wide Youthtime campaign.

With the endorsement of all mayoral candidates last summer, a group of twenty neighborhoods from Bay View to North Beach to the Excelsior launched its youth support campaign for 1995.

A project of Coleman Advocates for Children and Youth, Youthtime seeks to expand positive opportunities for youth in San Francisco, and with the overwhelming support shown by the mayoral candidates thus far, the youth list of

neighborhood requests stands an excellent chance of being fulfilled and funded in 1996. This, of course, with the help of either a newly elected (or re-elected) mayor.

All twenty neighborhoods are participating in a "Reminder Campaign" to make sure their request for expanded services doesn't go unheard: Each neighborhood has picked a day between Monday 13 and Election Tuesday and has gathered youth and kids from each community to hand-deliver reminder presents to each candidate, as part of the effort.

For Bernal children and youth, the Youthtime campaign has provided an opportunity for our youth to work with youth from twenty other neighborhoods to bring youth issues to the forefront and addressing the mayoral campaigns who before were thought to be inaccessible.

## Seniors can take steps to avoid foreclosure traps

By Michael Braslaw

A senior citizen who has lived in and owned their home for the last 35 years is evicted and forced to leave the property that was formerly theirs. Their home is in foreclosure after taking out a home equity loan to make some construction repairs, that they have been unable to repay. This scenario is not, unfortunately, an isolated incident.

Foreclosure on homes owned by senior citizens is very prevalent in San Francisco. What does it mean when a house is in foreclosure? In the scenario above, the individual defaulted on a home equity loan, which is a type of loan that allows a person to borrow money against the equity that they have in their home. Equity is usually defined as the estimated value of the house minus the amount that is still owed on the house. If a person owns their home outright the equity is 100%. When a person takes out a home equity loan the lender will have that person sign a deed of trust. The deed of trust gives the lender the right to sell property if the person who borrowed the money falls behind on their loan payments. When the borrower is in default of the loan, the property may go to foreclosure. Foreclosure means that the property can be sold at a public auction without having to go to court.

As a homeowner, your house is likely to be the most valuable asset that you own. When a homeowner uses their home to secure a loan there is a chance that the home will fall into foreclosure. Foreclosure problems are easy to fall into and difficult to get out of.

However, there are steps that the consumer of a home equity loan can take to avoid the pitfalls of foreclosure on their home. It

has been said many times that the best consumer is an informed consumer. This axiom is also true for the purchaser of a home equity loan.

An Eviction and Home Equity Scams Workshop will be scheduled in February by Bernal Heights Senior Services. Seniors can learn:

- Ways to identify and avoid home equity scams
- Affordable options through HUD or other sources for repairs and maintenance instead of home equity loans
- Ways to identify reputable lenders
- Budget and cash management assistance to avoid eviction or fore-

closure

• Community services available if an eviction or default occurs.

This workshop will be presented by the Salvation Army/Sheriff's Eviction Assistance Program and Consumer Credit Counseling Service. Our goal is to help homeowners remain homeowners. For more information, call the Bernal Heights Neighborhood Center or Housing Corporation at 206-2140.

*The BHNC & BHHC would like to thank and acknowledge Michael Braslaw for graciously volunteering his time and skills in helping us to present this important issue to our community.*

## Smoke detectors save lives

### Free detectors available for seniors

As part of a national home fire safety program that urges Americans to install smoke detectors in their homes, the San Francisco Fire Department is providing a limited supply of smoke detectors the elderly.

The fire department requires that a smoke detector be installed in every sleeping area of your home. They can be mounted on either the ceiling or the wall, but never within 6 inches of where the ceiling and wall meet, or from a corner. They should not be mounted near a ceiling fan or near a heat register.

You should periodically test your smoke detector's battery. A battery should be replaced at least once a year. A good policy to remember to change your battery is when you change your clock back for daylight savings.

Applications for these free smoke detectors can be completed and returned by 12/20/95 to Bernal Heights Senior Services, 515 Cortland Avenue or call us at 206-2142 and leave your name and address and we will mail you an application.

For questions or more information about smoke detectors, contact Firefighter Fernando Juarez of the Bureau of Fire Prevention at 558-3300.

**8,000  
COPIES OF  
YOUR  
BUSINESS  
CARD HERE!**

**CALL THE  
NBJ:  
206-2144**

Bernal Heights Senior Services Invites you to our

# Holiday Family Fair

Admission Free!

**Christmas Songs**  
By the Bernal Young Voice Choir of City College  
Accompanied by Sheldon Forrest on piano.

**Piano Recital**  
By youth of Fairy Avery's Studio, ages 6 - 17

**Visit Santa & Mrs. Claus!** At 12:00

**Gifts & Decorations**  
Handmade with love by Bernal Seniors

Donate a toy to our barrel & receive a free hot beverage of your choice!

**Sunday, 9:00 - 1:00**  
**Dec. 10, 1995**  
Bernal Heights Neighborhood Center  
515 Cortland Avenue, San Francisco

Bernal Heights Senior Services Invites you to our

# Pancake Breakfast

**Sunday 9:00 - 1:00**  
**Dec. 10, 1995**

Two huge, fluffy pancakes, two sausages, scrambled eggs, fruit & coffee.  
**Only \$4.00!**

Child's plate only \$2.50: One pancake, sausage, eggs.

Thank you for supporting community services!

**Bernal Heights Neighborhood Center**  
515 Cortland Avenue, San Francisco

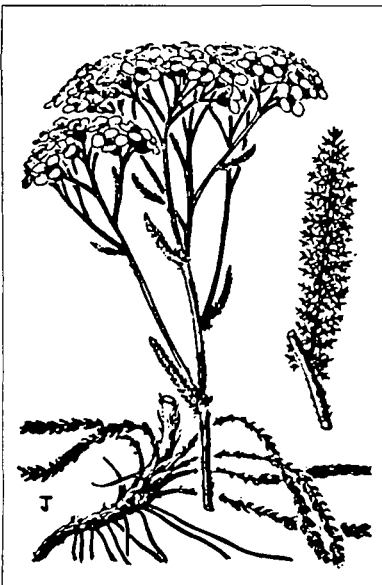
## Bernal Hilltop Natural History

### Yarrow: A Native Species That Stands Up To The Competition

by Barbara M. Pitschel

Although we must do everything in our power to preserve rare and endangered species, we must take care not to undervalue the more successful survivors among our flora. Those of us involved in native plant restoration have reason to appreciate native species that are able to out-compete some of the invasive exotic plants. *Achillea Millefolium* (Yarrow or Milfoil), a member of the sunflower or daisy family (*Compositae* or *Asteraceae*), is a prime example of this phenomenon.

Our yarrow is part of an extremely variable circumpolar species that is widespread in its distribution throughout most countries in the Northern Hemisphere. The species is so varied that,



in the past, two varieties were thought to exist within San Francisco, although they are not sufficiently distinguishable to be recognized as separate taxa. Yarrow varies from a four inch high, low growing ground cover on dry hillsides, to a plant several feet tall in more favorable environments. Yarrow grows in a great diversity of plant communities, moist and dry, including coastal bluffs, open or wooded inland slopes, and grassy or brushy areas, in clay, sand or serpentine soils. Studies by Clausen, Keck, and Hiesey indicated that, although this is a widely distributed species, there is a great deal of genetic variation within the species, with many different ecotypes adapted to specific habitats.

Yarrow is widely distributed in most of San Francisco's natural areas — the Presidio, Lands End, the western sand dunes, Pine Lake, Lake Merced, Laguna Honda, Twin Peaks, Mt. Davidson, San Miguel Hills, the hills of southeastern San Francisco, and San Bruno Mountain.

Yarrow foliage begins to grow right after the first rains. The alternate, finely dissected, softly hairy leaves are two to four

inches long and have a strong, jasmine-like fragrance. The species name *Millefolium*, which means thousand-leafed, describes the fern-like structure of the leaves.

Numerous small, white flower heads form large, flat-topped clusters throughout a long blooming season that often lasts from February to August. The plant grows from a perennial rootstock and spreads via underground stolons (or modified stems) and by seeds.

Yarrow was one of the plants collected by Adelbert Von

Chamisso, a botanist on the Russian discovery expedition in 1816. *Achillea* was named for Achilles, the Trojan War hero who was supposed to have been the first person to have used the plant medicinally. A

tincture made from yarrow has been used since ancient times to treat colds, fevers, and many other human ailments. Leaves steeped in hot water are used as antiseptic applications to cuts and bruises. Spanish Californians used fresh plant for stanching blood in recent wounds.

In Sweden, yarrow is used as a substitute for hops in brewing beer. The superstitious regard it as a potent love charm when plucked by a lovelorn maiden from the grave of a young man while repeating the proper formula (which I don't know).

Besides being a good competitor against weeds, yarrow is a good erosion controlling plant. Horticulturist Fred Rinne has observed that it is also an important host for several beneficial insects that eat aphids, and to our local native insects, including the Painted Lady butterfly.

If we receive some rain, you will be able to see the new growth of yarrow and other native plants when you join our restoration work parties at 11 am on the third Sunday of each month. Call me at 282-5066 for details.

## Whadda Ya Think?

by Snapper Hedd

### What new business does Bernal need?

Asked on and around Cortland Avenue



Reggie Thomas, 34, 8 year Bernal resident

"Some sort of music store — a buy and sell kind of thing. Every good neighborhood needs one. It should be one that specializes in international music, from Africa, the islands, Asia, etc. World Music. And it should definitely have albums as well as CDs and cassettes. And it should have knowledgeable people working for it."

Cassandra Houghton, 27, SOMA resident whose son attends Little People school

"I like Bernal Heights the way it is. There's something about not being too cluttered. Everyone goes to the same places; there's a real sense of neighborhood here. You see families, people say 'hello' to you on the street. I love Bernal Heights! I want to move here. In fact, I'm looking for a 2 bedroom apartment, if anyone's renting."

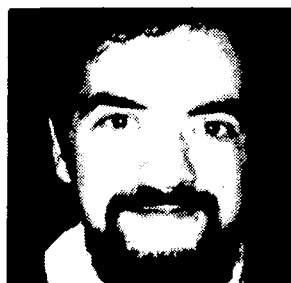
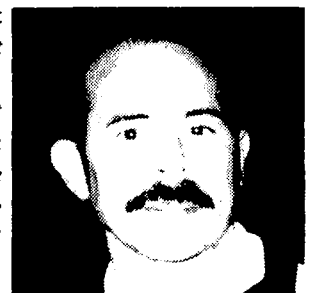


Vernon Ferguson, 36, over 30 year Bernal resident

"When I was younger, we had a movie theater, and that would be nice to have again. I think people would enjoy seeing the old classics. The old theater was down by Ellsworth, where the church is. I think a revival movie house would be great for this neighborhood."

Valentin Porras, 37, 1 year Bernal resident

"We need a place that sells coffee beans — there's no place to get them. A Peet's kinda place would be good, but preferably not a chain. Something local would be good — a resident opening up a shop. It could sell cheese, and that sort of thing as well. Not a cafe, you understand. And it should stay open 'till nine. Also, a clothing store would be nice — something semi-sheeshie. And a general hardware store."



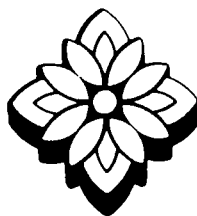
Peter Money, 32, Bernal Library employee

"I'm always in favor of more galleries. And, not that I'd use it, but a gym would be nice. Definitely a bike shop, although I don't own a bike. But I think people should ride bikes more. Also a pottery store, and a garden shop. I'm glad there's finally a bookstore."

## ADVERTISE IN THE NEW BERNAL JOURNAL!

TYPE	MEASUREMENTS	PRICE (*)
Full Page	10" wide x 16" high	\$450
Half Page	10" wide x 7 7/8" high	\$235
Quarter Page	4 7/8" wide x 7 7/8" high	\$117
Eighth Page	4 7/8" wide x 3 7/8" high	\$ 77
5 column tabloid. Column width = 1 7/8"		
Trpl. Bus. Card	3 3/4" wide x 6" high	\$ 96
Dbl. Bus. Card	3 3/4" wide x 4" high	\$ 64
Business Card	3 3/4" wide x 2" high	\$ 32

Call 206-2144



### SCANDIA



### BUILDERS

"anything else would be just wood and nails"

#### REMODELING

Complete remodeling services to upgrade your kitchen, bathroom or entire home.

#### ADDITIONS

Designer on staff to plan an draw up a new garage, fourth bedroom or second story. Skilled carpenters and subcontractors to complete your project to the highest standards.

#### SCANDIA BUILDERS

A design/build team to manage your project from concept to completion.

(415) 282-5331

Planting  
Irrigation  
Carpentry  
Stonework



Design  
Installation  
Maintenance  
Consultation

## ROCK AND ROSE LANDSCAPING

### DREAM A LITTLE DREAM...

- romantic garden
- kitchen garden
- fragrant garden
- woodland garden
- child's garden
- secluded garden

Contr. Lic.  
#562817

824-3458

Mike Boss  
Botanist

1615 Cortland Avenue, San Francisco, CA 94110



# POWER OF THE PRESS

A REGULAR COLUMN IN WHICH THE EDITOR ABUSES  
THE PRIVILEGES OF HIS POSITION FOR THE  
AMUSEMENT OF THE READERS.

by Gareth Barkin

## Scene from the next James Bond film, "Your Company's Name Here"

**Q:** "007, your new automobile is a 'Geo Metro' — it's got a lawnmower engine and the aesthetics are ... rather sobering, but it gets 54 miles to the gallon, and comes fully equipped with A/C, sporty alloy wheels, and a driver's side airbag, good for those hair raising chases you're always getting yourself into."

**Bond:** "Jolly good, Q, once again I see I can trust you to make a sensible automotive decision, choosing the model with the best resale value year after year, and a generous options package."

**Q:** "Quite right, 007, and we were able to secure a 36 month lease with zero down, and low monthly payments of only £139. And I'm happy to say we didn't have to haggle over the features we wanted, and we left the dealership with £500 'cash back,' which I've had deposited into your casino account in Monte Carlo..."

And so went my grim vision of the future as I defiantly toured the showroom of BMW, the company which has made history by proving that you can buy a place in the Bond legend. And they aren't keeping quiet about it either: all city media were invited to this pseudo black-tie event in which they had converted "BMW of San Francisco" into a fake casino and pumped obnoxious Bond theme music through a rented sound system. At least I assume it was all city media, since I had been invited. On display was their new 'roadster,' a vehicle which had been judged in need of an unpresidentially blatant advertising tie-in.

The car itself looked like an enormous novelty slipper. In fact, I wouldn't mind getting a hold of a pair of BMW slippers, if they use the same supple, leatherette interior as the roadster. If you can't afford the car (and I'm not saying I can't, although, in fact, I can't), I'm sure they're the next best thing — assuming you're comfortable with the leap from luxury sports cars to indoor footwear. What I got instead was the 'Roadster Wrist Watch,'



*Yours Truly with a couple of 'Bond Girls' - I told them I was Pierce Brosnan*

a butt-ugly marriage of corporate art and aggressively green leather. Disturbing to the eye, a glance at this wasteful vanity yielded but a single message: time to get a new watch.

But free timepieces were only the beginning: there were also free hors d'oeuvres. I approached an elephantine man at the buffet table who was making only a token effort to disguise the fact that he was eating an entire smoked salmon. "I go through a BMW every two years," he coughed. I couldn't take my eyes off his cummerbund, which, stretched to the breaking point, appeared to be flashing me an S-O-S. Indeed his whole tuxedo appeared on the verge of bursting open, and I noted gravely that I was positioned directly in the path of whatever might pop out.

"A Beamer every two years, huh? You must be going too easy on them," I said stupidly. My intention had been to sound witty and rich, but at the last minute I opted for idiocy instead. I was competing against a house, dressed as a man, over who could destroy luxury automobiles more rapidly. In reality, I was wondering whether he simply threw them away after he'd collapsed the seat.

The man turned and stared at me with eyelids half-closed and a half-open mouth — the same expression with which he had greeted the salmon. Noticing that the salmon had disappeared, I left abruptly.

Soon I noticed a series of raised platforms throughout the showroom. Now and then, one of three tall, lanky models would step onto one and pose languidly for all to see. It was like the opposite of a freak show — here were a group of hideously attractive people, on display to make it clear that something is terribly wrong with you. Feeling the bravado of the British secret agent we were all inadvertently celebrating, I approached one of them and told her I was from the *Guardian*. Surprisingly, this seemed to impress her, and suddenly I had a situation on my hands. I quickly found I was able to defuse the predicament, however, simply by being myself.

Next I approached the roulette wheel — after all, I wasn't there on a social call. Naturally, I played my system. My system, in a nutshell, involves betting only on 'Red.' If that doesn't seem to be working, I switch to 'Black.' Then back to 'Red.' Before I knew it, my pockets were bulging with hard, cold, plastic chips worth absolutely nothing, and which made me look as though I had a large growth on either leg. My condition elicited the sympathy of the dealership owner's wife, who gave me tickets to the premiere of the new Bond film, scheduled to take place the next night.

I went, of course, because the price was right, but also because someone said Pierce Brosnan was going to be there. But everyone who showed up was from the BMW thing the night before. Boy, did I feel like the fool. But not as foolish as I felt after watching that movie for two and a half hours. Or on the sidewalk afterwards, when I stepped in feces.

Oh, and one final note: If you're looking for that special gift that'll let him (or her) know just how you feel about them this holiday season, why not say it with a genuine BMW 'Roadster' wrist-watch? Swiss engineering meets surprisingly green leather in this heirloom quality timepiece he'll want to hand down immediately. I can get you one cheap.

## TreeCycling Day is on ReCycling Day

This Year,  
Recycle Your Tree at the Curb.

### WHEN

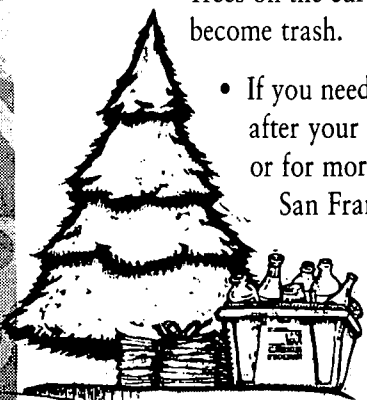
**Curbside:** Your first recycling day after January 1st, by 6 a.m.

**Apartments & Businesses:** Your street's first residential recycling day after January 1st, by 6 a.m.  
(For businesses located in the downtown area, please call Golden Gate Disposal at 626-4000 to arrange for pick-up service.)

### HOW

Just place your tree out on the curb.

- Trees only! No bases (metal or plastic), ornaments, tinsel, painted or flocked trees. Do not put your tree in a plastic bag.
- Trees on the curb on other days will become trash.
- If you need to recycle your tree before or after your designated TreeCycling day, or for more information, call the San Francisco Recycling Program Hotline at 554-6193

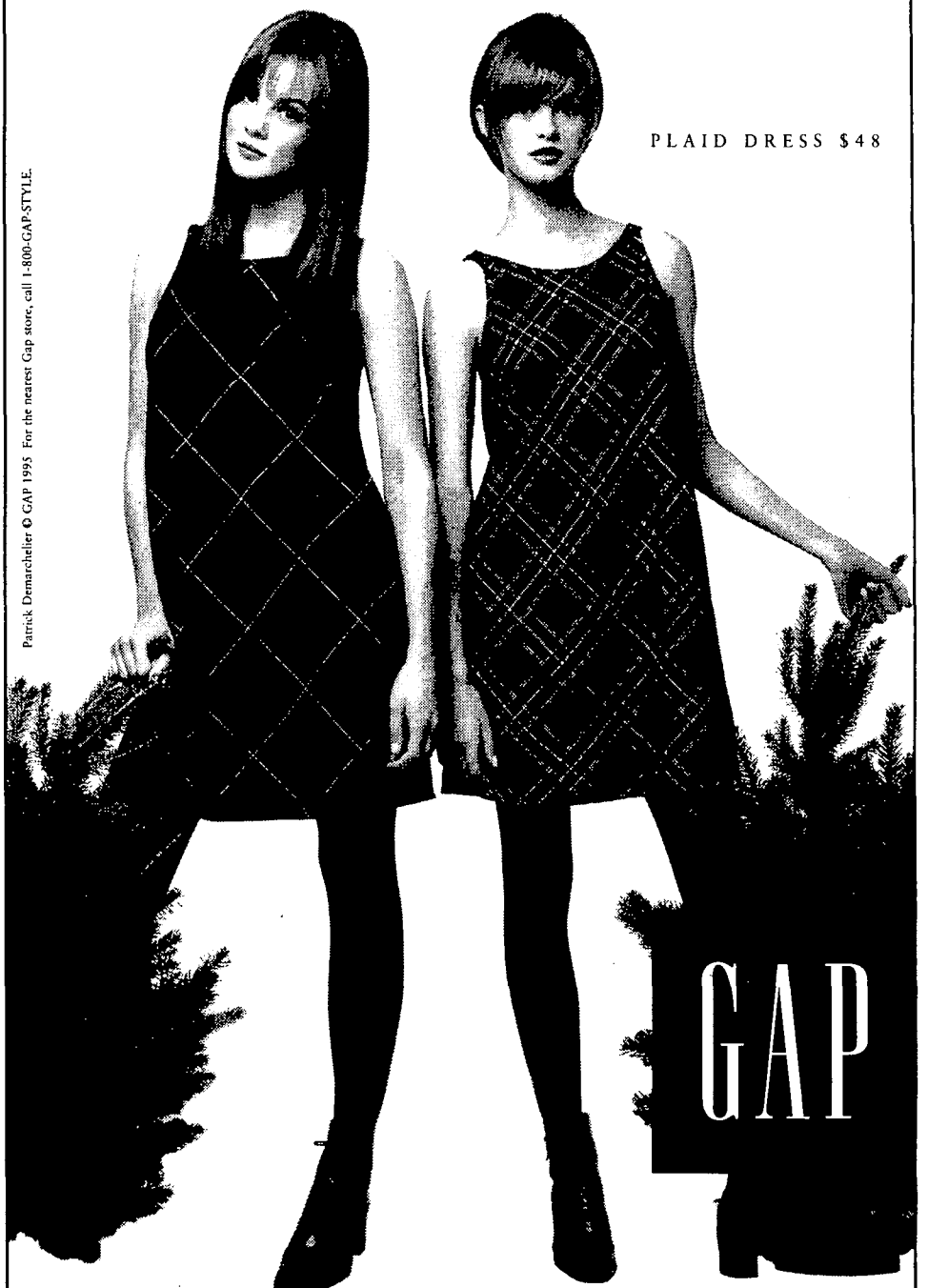


San Francisco  
RECYCLING  
PROGRAM

## THE LIST STARTS HERE

PLAID DRESS \$48

Patrick Demarchelier © GAP 1995 For the nearest Gap store, call 1-800-GAP-STYLE.



## Monday

Christmas day at the Wild Side West. As always neighbors will be joining the regulars for food, caroling and good cheer at the Wild Side West on Christmas day. The Wild Side West, 424 Cortland, 647-3099.

Hangover Party  
Monday January 1 come to the Wild Side West's traditional hangover party, to cure your New Year blues.

## Tuesday

Spanish Conversation Social  
Meets Tuesday January 9 at 7 PM. Practice your Spanish conversation skills over some hot Mexican cuisine. Call Valentin at the Bernal Heights Library for details, 695-5160.

Spanish Film - Danzon  
The film "Danzon" will be shown in Spanish with English subtitles on Tuesday December 12 at 6:30 PM. Free. At the Bernal Heights Library, 500 Cortland, 695-5160.

Spanish Film - La Belle Epoque  
The Spanish language film *La Belle Epoque* will be shown in Spanish with English subtitles on Tuesday January 23 at 6:30 PM. Free. At the Bernal Heights Library.

Jazz Guitar  
Alex Candelaria plays every Tuesday evening at The Hungarian Sausage Factory, 419 Cortland. 648-2847.

## Wednesday

Spanish Conversation  
Ongoing Spanish Conversation program, every other Wednesday at 7 PM. December 6, December 20, January 3, January 17 and January 31. On December 20 the mood will be extra festive with a pinata and other treats. All levels of Spanish speakers. At the Bernal Heights Library.

Hungarian Gypsy Violinist  
Every Wednesday night Tibor Horvath & Lena, Gypsy Violinist and Piano accompanist, at The Hungarian Sausage Factory.

Bingo  
Every Wednesday Bingo at St. Kevin's. Games include Safari, Criss-cross, Good neighbor. Doors open at 6 PM. First game at 7:30 PM at Old Hall. (Entrance on Ellsworth betw. Jarboe and Cortland.) Saint Kevin's Parish, 704 Cortland, 648-5751.

# Bernal Calendar Seven Days A Week

The Wednesday Night Jam  
Every Wednesday night a bunch of jazz musicians get together to jam at the Deli Pub, 301 Cortland, 285-1631.

Reading  
Wednesday December 13 at 7 PM. Members of Margo Perin's writing class will read from their work. At Bernal Books, 401 Cortland, 550-0293.

## Thursday

Book Release Party  
Bernal Books will hold a book release party for Diane DiMassa and "Revenge of the Hothead Paisan." At Bernal Books.

Book Club  
The Bernal Library adult reading group meets monthly to discuss a new book. December's book is "Wind in the Willows," Thursday December 28 at 4 PM. January's book is "The Bean Trees," January 25 at 4 PM. New members are always welcome! At the Bernal Heights Library.

Jazz Piano  
Randy Craig, jazz pianist and composer, plays every Thursday evening at The Hungarian Sausage Factory.

Deli Jazz  
Every Thursday night at 7 to 10 PM Michael Gold on Saxophone, Paul Mindrup on Piano and Lee Alexander on Bass jam for you. The Deli Pub.

## Friday

Friday Night on Cortland  
Friday December 8 and Friday December 15 from 5 to 9 PM. A neighborhood holiday celebration featuring: Jazz music from strolling musicians on Cortland, Wine and cheese served in the stores, Holiday specials and surprises. Stay for dinner in one of our restaurants or do some holiday shopping in the Cortland Avenue stores. Everybody will stay open until at least 9 PM. For more information call Kathleen at Heartfelt 648-1380.

Berne Weiss Reads  
On Friday December 1 at 8 PM author, poet and community activist Berne Weiss, will talk about her recent trip to Hungary. She is co-author of "Freedom: Narratives of Change in Hungary

and Estonia." After the talk we will go a few doors down to Bernal Heights own Hungarian Sausage factory, for a taste of the real thing. Join us for this wonderful evening of food and tales from far away places. At Bernal Books.

Christmas Round-Robin Reading  
Friday December 15 at 7 PM, Bernal Books Literary Series will host this Round-Robin Event. Everyone is invited to help us read from the Christmas literary classic, "A Child's Christmas in Wales," by Dylan Thomas. Hot cider and surprise guest too. At Bernal Books.

Jazz Guitar  
Alex Candelaria plays every Friday evening at The Hungarian Sausage Factory.

## Saturday

Christmas Carols  
The St. Kevins Choir will have their annual Cortland Avenue caroling on Saturday Dec. 16 between 2:30 and 4:30 PM. Neighbors and shoppers, join us in celebrating the Christmas season.

Synthesizer Music  
Every Saturday night features Central European Lounge Musician Mirek Matousek on Synthesizer at The Hungarian Sausage Factory.

Tanchaz  
Last Saturday evening of every month, come dance to a live Hungarian folk band. December 30 and January 27, at The Hungarian Sausage Factory.

Sunday  
New Years Eve Dance  
Sunday December 31 at 8 PM to 1 AM. St. Kevin's Parish traditional New Years Eve Dance. This special event includes a full buffet dinner with drinks, music and dancing. At St. Kevin's Parish Hall. Call 648-5751 for tickets and more information.

Flamenco Guitar  
Gyorgy plays Classical and Flamenco Guitar every Sunday night at The Hungarian Sausage Factory.

## Ongoing

Art Exhibit  
Bernal Heights artist Meridy Volz, will have some of her paintings on display

paintings at the Barking Basset throughout the month of December. The Barking Basset, 803 Cortland, 648-2146.

Cortland Avenue Holiday Decoration Contest  
Merchants and Neighbors on Cortland Avenue are encouraged to go all out with their holiday decorations this year. The Cortland Merchants Association will award prizes in the following categories: "Best Decorated Store Front," "Prettiest Building" (white lights outlining features of the building encouraged), "Fanciest Tree" (on sidewalk) and "Most Festive Window." Good luck everybody!

## Events for Families, Kids and Teens

### Monday

SKY  
St. Kevin's Youth Program. SKY meets every Monday at 7 PM. Meet at Old Hall (entrance on Ellsworth betw. Jarboe and Cortland.) Saint Kevin's Parish, 704 Cortland, 648-5751.

### Tuesday

Children's Videos  
Every Tuesday morning at 10:30 AM the Library shows videos for kids ages 3 thru 7. At the Bernal Heights Library, 500 Cortland, 695-5160.

Homework Center  
Every Tuesday evening 5-8 PM. Homework help available for school kids of all ages. Starting in December Homework help will also be available on Wednesday evenings. At the Bernal Heights Library.

### Wednesday

Family Night  
Every Wednesday at 7:30 PM is Family Night at the Library. Story hour, films, crafts, and entertainment for the whole family. At the Bernal Heights Library.

St. Lucia  
Come celebrate St. Lucia on Wednesday December 13 at 7:30 PM. St. Lucia is a Swedish holiday, that celebrates

the light and joy of the season with song. At the Bernal Heights Library.

Kwanzaa  
Come celebrate Kwanzaa on Wednesday December 27 at 7:30 PM. Kwanzaa is a unique American Holiday that pays tribute to the rich cultural roots of Americans of African Ancestry. At the Bernal Heights Library.

Martin Luther King Celebration  
A program in honor and celebration of Martin Luther King's birthday. Wednesday January 10 at 7:30 PM. At the Bernal Heights Library.

Children's Story-Time at Bernal Books  
Wednesday December 6 at 11 AM, story-time with Sophie, featuring stories and songs. At Bernal Books, 401 Cortland, 550-0293.

### Thursday

Children's Story Hour  
Ongoing program every Thursday at 10:30 AM. Thirty minutes of reading for pre-schoolers. At the Bernal Heights Library.

### Friday

Chess Club  
Every Friday at 4 PM. Chess Club at the Library. Girls especially encouraged. Adults also welcome to come teach and play. At the Bernal Heights Library.

### Saturday

Holiday Celebration for Kids  
Saturday December 9 and 16 from 2 to 4 PM the Merchants along Cortland Avenue will have special events for the neighborhood kids. Look for music, games and surprises for the whole family. Come enjoy the festive holiday atmosphere on Cortland Avenue.

### Ongoing

Make a Holiday Card  
Throughout the month of December. Make a Holiday Card for your family. Thanksgiving, Hanukkah, Kwanzaa, Christmas, New Year. At the Bernal Heights Library.

Bernal Heights groups, merchants, schools, block clubs and non-profits are invited to submit their special events and meeting announcements in the Bernal calendar. Small photographs or graphics can be included if space allows. Please submit your announcements to New Bernal Journal, 515 Cortland Avenue, SF, CA 94110 or call Kristin Hofso at Brown Bear Realty: (415) 285-5700.

# How Would You Like To Get PUBLISHED in the New Bernal Journal?

We are looking for volunteers to help us improve your neighborhood paper, and to make it more reflective of the community. Gain valuable experience in the field of journalism, while you help out your local periodical. Aspiring writers, journalists, poets, and other artists are encouraged to contact us.

Also, we are looking for suggestions and feedback from the community. What things do you like about the New Bernal Journal? What don't you like? What would you like to see?

### To get involved, call:

Gareth Barkin / Editor  
New Bernal Journal  
(415) 206-2144  
515 Cortland Avenue  
San Francisco, CA 94110

We look forward to hearing from you!

## Environmental Tips For The Holiday Season

by David Assmann

- Use recycled and reusable materials in your gift wrapping and packaging. By recycled wrapping paper, use air-popped popcorn or newspaper for packing and reuse your packing materials.
- If you do purchase a tree, consider a live, potted or a reusable one. The Living Tree Company (800-810-PINE) offers free delivery and pick-up of potted trees for about the same price as a cut tree. Live rooted trees can be planted in pots to be used year after year, or planted outside or donated to Bay Area parks.
- After the holiday season is over, save your old cards, wrapping paper and packing materials for reuse.
- Call the Recycling Program 24-hour hotline at 554-6193 for a free copy of the Eco Holiday Guide.

**SHANTA  
CARPENTRY  
& CONSTRUCTION**

Since 1974

- remodeling
- kitchens / baths
- elec. / plumbing
- victorian restor
- repair / dry rot
- additions

Lic. No. 442870

**foundation to finish**

**821 - 4091**

## Gifts on the Hill



Beautiful  
handmade gifts  
and decorations!  
*Handmade with Love  
by Bernal Seniors.*

Support services for seniors in Bernal by shopping our store!

513 Cortland Avenue, Bernal Heights  
Open Mon - Fri, 9:00 - 5:00, Weekends by appointment: 206-2145

# Ask Dr. Nabler

## Advice for Relationships on the Hill

*Dear Dr. Nabler,*

I have been engaged in a casual relationship with a woman who lives in another city. We see each other every month or two, and generally have a good time, if you know what I mean. Because of the distance, I have not really thought of it as a relationship, although it has been the only romance of merit in my life for the past several months. The possibility of her moving here has come up, and there is a decent chance she will.

The trouble is that she keeps sleeping with other men. It doesn't bother me in theory, but I'm trying to make this into something, and I myself don't like to sleep with people whom I don't consider real candidates for a relationship. She seems like she'd sleep with anything possessed of a penis. There's no monogamy contingent in our little affair, and I wouldn't want there to be at this point, but hey: enough is enough. This is the 90s, and her behavior seems irresponsible to me. And on a gut level, I'm somewhat disgusted by the whole notion.

But is that just because I'm not sleeping with anyone myself? I don't want to go out and sleep with someone just to 'get even,' but maybe I would feel better if I did. Perhaps I'm just not cut out for casual affairs, and should cut the whole thing off. What to do?

—On the Fence

*Dear On the Fence,*

**Why are you on the fence? You have a friend in another city. You see each other infrequently and she, if what you say about her is true, is not committed to you or anyone else. Even though you consider her behavior irresponsible and even disgusting you are wondering if you should behave just like her! That doesn't make sense. Perhaps you are hurt that whatever feelings you have for her aren't being reciprocated. If you are really attracted to her and want to have a relationship, let her know and see how she responds. All you have to lose may be your fantasies about this woman loving and caring for you. Once you've let go of that why not step out and find someone, right here, who can appreciate a person who wants more than a casual affair? Get off your fence and make it happen.**

*Dr. Nabler wants to know about your relationship problems! If you write in now, before she's popular or well known, you'll be virtually guaranteed a spot in the column! To bathe in Dr. Nabler's infinite wisdom, address your letter to:*

*Dr. Nabler: c/o New Bernal Journal, 515 Cortland Avenue, San Francisco, CA 94110*

# San Francisco Auto Repair Center

## FOREIGN AND DOMESTIC AUTO REPAIRS

**OPEN  
7 DAYS  
A WEEK**

OFFICIAL  
CALIFORNIA  
SMOG  
STATION

- Dependable work—Honest prices
- A Community-Oriented People's Garage
- Men & Women Mechanics
- Free Shuttle Service to BART & Downtown
- Basic Auto Repair Classes
- "Do-it-yourself" Membership Available

**611 FLORIDA STREET (Near 18th St.) • S.F., CA 94110**

**285-8588**

**\$10  
OFF SMOG  
INSPECTION**

**FREE  
BRAKE &  
SAFETY  
INSPECTION  
(\$22 VALUE)**

**\$10  
OFF OIL  
CHANGE**

**KELSO CAFE**  
3214 Folsom at Precita Park

**M-F 7am-9pm**  
**SAT 8:30am-7pm**  
**SUN 8:30pm-5:30pm**  
**821-9435**



**hot/cold espresso drinks ★ gourmet sandwiches salads pastries**





# JC SUPER

820 CORTLAND AVENUE, S.F.

USE YOUR VISA, MASTERCARD OR ATM CARD



We welcome  
ATM cards for  
purchases

New Store Hours!

DAILY 7 AM - 9 PM, FRI. & SAT. 7 - 10 PM

Groceries: 648-4656, Meat Department: 648-4657

## GROCERIES

DAINTY-PAK CORN, PEAS, BEANS & CARROTS 11-15 OZ CAN <b>3/\$1.00</b>	Q-TIPS COTTON SWABS 170 COUNT <b>\$1.79</b>	MARIE'S COOKIES 5.5OZ <b>3/\$1.00</b>
JARRITOS SODA 2 LITERS, ALL FLAVORS <b>\$1.29</b>	BONNIE HUBBARD CELLO BREAD 2/\$1.00	TOP RAMEN INSTANT SOUP 7/\$1.00
TRUE BLUE COOKIES 24 OZ, ASST. <b>\$1.59</b>	NIAGRA SPRING WATER 59¢ GALLON	BERKELEY FARMS MILK \$2.49 GALLON \$1.39 HALF GALLON ORANGE JUICE QUART \$1.39 WHIPPING CREAM \$1.59 PINT 89¢ HALF PINT
RAINBOW SODA 2 LITERS + CRV <b>89¢</b>	GPC OR MONTCLAIR CIGARETTES PACK \$1.19 CARTON \$11.79	COTTAGE CHEESE \$1.49 PINT \$1.59 W/FRUIT
CRYSTAL JUICE SQUEEZE SODA 23.9 OZ \$1.19	SUNSHINE KRISPY CRACKERS SALTED OR UNSALTED \$1.29 16OZ	PREMIUM ICE CREAM \$2.39 1/2 GALLON SQUARE
FRONTIER TOILET TISSUE 69¢ 4 PK, 2PLY	ZEE TOWELS 2PLY 89¢	

## CHECK OUR DISCOUNTED PRICES ON LIQUOR, BEER & WINES

### BEER

12 OZ BOTTLES, 6-PACK +TAX



MOOSEHEAD	\$5.99 +CRV
WICKED ALE & LAGER	\$5.99 +CRV
HUMPBAC	\$5.99 +CRV
CORONA	\$6.99 +CRV
HEINEKEN	\$6.99 +CRV
PILSNER	\$6.99 +CRV
WICKED ALE & LAGER 22OZ BOTTLE	\$1.99 +CRV

### WINE

GALLO LIVINGSTON CELLARS 1.5 LT.	\$3.99
INGLENOOK PREMIUM RED OR WHITE, 1.5 LT.	\$4.99
ERNEST & JULIO GALLO WHITE ZIN, SAV. BLANC, OR BURGUNDY, 1.5 LT.	\$4.99
SUTTER HOME WINES 750 ML.	\$4.99
BEL ARBORS WINE 750 ML.	\$4.39
GLEN ELLEN WINES RED OR WHITE, 750 ML	\$2.49
GLEN ELLEN CABERNET, CHARDONAY, MERLOT OR WHITE ZIN 1.5 LT.	\$3.49
ALMADEN WINE 750 ml.	\$3.99

### LIQUOR

#### ROYAL GATE VODKA

LITER \$6.29  
375 ML \$2.99 200 ML \$1.69

CUTTY SARK LITER	\$19.99
CUTTY SARK 750 ML	\$17.89

#### KORBEL

BRANDY OR CHAMPAGNE  
EXTRA DRY OR BRUT 750 ML \$6.99

JIM BEAM BOURBON LITER	\$9.99
PRESIDENTE BRANDY LITER	\$11.99

V. O. CANADIAN 750 ML \$9.98

## MEATS

GROUND CHUCK FAMILY PACK	99¢/LB
BEEF LIVER SLICED	89¢/LB
PORK SAUSAGE OUR OWN	\$1.79/LB
HILLSHIRE FARMS SAUSAGE	\$2.29/LB
WHOLE FRYERS	79¢/LB
LEGS FAMILY PACK	\$1.19/LB



FOOD  
STAMPS  
ALWAYS  
WELCOME



MANY MORE SPECIALS THROUGHOUT STORE!

WE ARE NOT RESPONSIBLE FOR PRINTING ERRORS

